

**IIT Mandi**  
**Proposal for a New Course**

**Course number** : IK\_507  
**Course Name** : Neuroscience and mental health  
**Credit Distribution** : (3-0-0-3) (*Lectures-Tutorial-Practical-Total credits*)  
**Intended for** : 3<sup>rd</sup> & 4<sup>th</sup> Year B.Tech, Masters and PhD  
**Prerequisite** : None  
**Mutual Exclusion**: None

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**1. Preamble:**

As per the National Mental Health Survey 2016, 120 million people in India are suffering from common mental health disorders like depression and anxiety and 12 million Indians are suffering from severe mental health disorders like psychosis. Many of these mental health disorders are preventable if the youth are sensitized appropriately, as many of these mental health disorders begin in young adulthood. This course would enable the students to have a scientific understanding of common mental health problems and adopt a healthy lifestyle to prevent mental health disorders. It would also facilitate the students to develop new research questions related to preventive/therapeutic technologies for promotion of positive mental health.

**2. Course Modules with quantitative lecture hours (42 hours):**

**Theory (38 hours)**

**Module 1(10 hours)**

**Basics of neuroscience**

Structure and function of the nervous system-1

Structure and function of the nervous system-2

**Module 2 (14 hours)**

**Neuropsychology underlying illness & wellness**

Illness & Wellness-perspectives from neuroscience

Neuroscience of positive psychology

Human development through life cycle and the neuroscience of ageing  
Theories of personality & psychopathology: eastern & western perspectives

**Module 3 (14 hours)**

**Mental health disorders**

Classification of mental health disorders  
Substance related mental health disorders  
Common mental health disorders  
Severe mental health disorders

**Practical (4 hours)**

**Module 4 (4 hours)**

Stigma of mental illness-discussion  
The beautiful mind-movie analysis  
Active listening as a crisis intervention-activity in pairs  
Complementary & integrative mental health practices-discussion

**3. Text books:**

Kandel ER, Koester JD, Mack SH, Siegelbaum SA. Principles of Neural Science, Sixth Edition. McGraw Hill LLC; 2021.  
Sadock BJ, Sadock VA. Kaplan & Sadock's Concise Textbook of Clinical Psychiatry. Wolters Kluwer/Lippincott Williams & Wilkins; 2008.

**4. References:**

Sadock BJ, Sadock VA, Ruiz P. Kaplan & Sadock's Comprehensive Textbook of Psychiatry. Wolters Kluwer; 2017.

**5. Similarity with the existing courses:**

**(Similarity content is declared as per the number of lecture hours on similar topics)**

S. No.		Course Code	Similarity Content	Approx. % of Content
1.	NA			

**6. Justification of new course proposal if cumulative similarity content is >30%:**

**Responses for the reviewer's comments:**

**Reviewer 1:**

Dr Arun Sasidharan MBBS, PhD (Neurophysiology)  
Scientist-C  
Centre for Consciousness Studies  
Dept of Neurophysiology  
National Institute of Mental Health & Neurosciences (NIMHANS)  
Bengaluru

***Comments:***

***1. As the Module-2 has subtopics on Neuroscience besides Psychology, it may be renamed from "Psychology underlying illness & wellness" to "Neuropsychology underlying illness & wellness".***

***Response:***

***1. As suggested by the reviewer, "Psychology underlying illness & wellness" is renamed as "Neuropsychology underlying illness & wellness" in module 2 on page no. 1***

**Reviewer 2:**

Dr Bhupendra Singh MBBS, MD (Psychiatry)  
Additional Professor  
Dept of Psychiatry (Geriatric Mental Health)  
King George Medical College  
Lucknow

***Comments:***

***The course content looks good.***